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## TUG-OH-MY

The CA Daredevils tackled the Plane Pull Event in costume. Teams competed to drag the aircraft 50 feet in the least amount of time. AARON CHATHA/METRO

### SAFETY

## City Hall upgrades security

If you're planning to hit city hall today for the first full council meeting since the summer break, leave your dangerous metal objects at home.

The city implemented the new measures, which include metal detectors, hand-held wand screenings along with bags, backpacks and purses checked, after a 2014 security review.

Inside, city council chambers will also see some changes, with the height of the glass partition separating council and the public being raised 35.5 centimetres, and an increase in the number of guards.

With the new security checkpoint, those looking to attend should expect extra time to be taken.

"Standard screening should take 10-15 seconds per person, and while we don't anticipate it will cause line-ups, on those days when there is a long agenda or public hearing, it's best to arrive early to avoid any delays," said Owen Key, chief security officer and manager of corporate security, on the Calgary City News Blog late last week. METRO

Some councillors not thrilled with the new measures, Page 5



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# To Argentina on two wheels

## ADVENTURE

### Calgarian left home to bike as far south as possible



**Aaron Chatha**  
Metro | Calgary

Last year, Jaryd Adair decided he wanted to go snowboarding in Chile. For most people, this story ends with a plane ticket and a ride down the slopes.

But Adair took a look at the map to South America and thought to himself, why don't I bike there? The idea grew in his mind until he decided biking to South America would be a worthwhile adventure.

With \$1,800 in his pocket, on Oct. 1, 2014, Adair set off to head as far south as he could on his bicycle, with the goal to reach Argentina.

"I was crossing the border into America, and I was so excited the guy at the border looked at me like an insane person," Adair said.

Almost a year later, and he's only reached the halfway mark, in San Juan Del Sur, Nicaragua.

At first, his parents couldn't understand his motivation.

"Initially, I just wondered, why?" said his father, Will Adair. "I was freaked out I guess. Then, as he got further and further along, and his goal was to work on a book about his adventures, it's a cool initiative I think."

"It's something that a lot of people wish they could do, but never have the guts to really



**Jaryd Adair left Calgary on Oct. 1, 2014, towards Argentina, on bicycle. He said it gives him a chance to see life at a slowed-down pace, and write a book about his adventures.**

INSTAGRAM @ABERAMIREZPHOTOGRAPHY

do it."

The \$1,800 Adair had in his pocket actually only lasted him to Santa Cruz. From there, Adair started a fund online asking for donations to buy his favourite food: Pizza. He also started a postcard club, where he hand draws postcards and mails them from whatever city he's in that month, in return for donations. He's also sold his art, and generally counts on the kindness of strangers to get by.

If there's one thing he's discovered about human nature,

it's that people are incredibly friendly. "A smile is the most universal thing," he said. "As long as you try to speak the language, people will be open with you."

He said in Mexico, farmers would cross their fields to give him some food, or help out if he got a flat tire.

Adair is writing a book about his adventures, called Picnics in Paradise, and is raising funds through Kickstarter for the project.

He remembered an event in Washington where he blew out

a tire on the road. He asked a stranger for directions to the nearest campsite.

The stranger found him the next day, brought him over to his home to eat, watch football and talk about Adair's adventure with him and his wife.

"Before she went to bed, she asked me if I was an axe murderer," he laughed. "I think I was sarcastic in responding, saying, yeah, just biking around, killing people. Pretty easy to get away."

The man then gave Adair a tire from his own bike.

## + FUNDING

Once his initial funds ran out, Adair was forced to become creative about making money:

- He once traded stories for \$100 and a cigarette in L.A.
- He recently started the post card club, which has sold over 100 postcards in two weeks. He's had to spend a few hours every day hand-drawing them.
- He asked people to create cashtags, which are hash-tags asking him to do things for money. Such as #bikes-tunt for \$100 or #dirtybath-room for \$20.
- He's still riding the same bicycle he started out with, and a company back home in Calgary is helping him when parts break down.



**Adair has been paying his way through a variety of means, including putting his art talents to use by selling pieces. He chronicles his adventures on Instagram: @playersgoplaces.**

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# 'Happy for the first time'

## HEALTH

## About 150 rally and hear stories about addiction



**Jeremy Simes**  
For Metro | Calgary

Jena Brophy can finally feel again.

Brophy, who's recovering from an addiction to prescription medication and opioids, was among a crowd of about 150 people at Olympic Plaza Sunday for Recovery Day, rallying in support for those who are currently recovering and have recovered from substance abuse.

Along with Brophy, Eva Zinck said she's also been recovering from the same addiction for 90 days.

"Seeing a lot of people here is amazing — it just makes me want to get better even more," Zinck said. "I'm feeling great — I'm happy for the first time."

Recovery Day also saw many well-known speakers share their



**Eva Zinck and Jena Brophy are finally happy again. They've both been recovering from their addictions to prescription medication.** JEREMY SIMES/FOR METRO

stories about addiction.

Rick Titan, who spoke at the event, said he's in a much better place now, but will always be recovering.

Titan — who wrestled professionally in Japan — turned to medication after breaking his neck during a match.



**We're all here to support each other.**

Jena Brophy

He said he always dreamed about going back to the sport, but wound up depressed because he knew he couldn't. On top of that, he was constantly in physical pain due to the many injuries he endured.

"But I still kept up a high dose of muscle relaxants — they're

addictive," he said. "Your world becomes pretty dark, and sometimes it seems hopeless."

He later quit cold-turkey and severely relapsed from the meds, but still drank to ease the pain.

But that became too much, so he went to the Recovery Acres Society and asked for help, he said.

"I was humiliated and embarrassed, but I knew that was the only way I could recover," he said.

He said he hasn't had a drop of alcohol for three years and has since become a life coach and public speaker.

"Today means something to me," he said. "Maybe (those who are still struggling) will hear one little thing I say out there, and go, 'That's what I needed.'"

For Brophy, seeing public speakers and many in attendance shows that those in recovery aren't alone.

"Today shows that people who don't think they can get over it or are alone — which I was — aren't actually alone," she said. "We're all here to support each other."

## IN BRIEF

### Pedestrian dies after being hit on the Trans-Canada

One man is dead after he was hit by a vehicle on Highway 1 near Strathmore early Sunday morning.

Police were called to the scene around 1:30 a.m. Sunday. The man — said to be in his 40s — was wearing dark clothing and walking on the east-bound lane of the Trans-Canada Highway and Range Road 260 when he was hit.

His name has not been released. METRO

### Man critical after crash west of Calgary

A man in his 50s was taken to hospital in critical condition after a crash west of Calgary Saturday night.

RCMP shut down a portion of Highway 22 north of the Trans-Canada Highway after a two-vehicle crash around 10 p.m. Saturday.

The crash involved a truck and a car, according to EMS, and the driver of the sedan had to be freed from his vehicle. METRO



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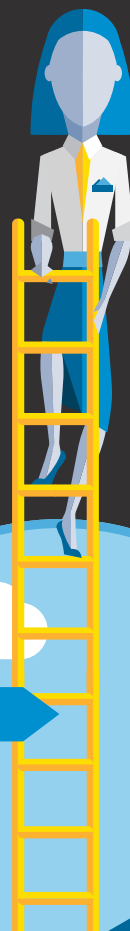
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## WORD ON THE STREET

# How much are you paying attention to the election campaign?



**I don't care. It's not a big issue for me.**  
David Pickett

**Conservatives are spending too much money ... The city has been in recession. It's not good.**  
Soloman Hailyes



**It's going to be very tight. I don't think we're going to get a majority.**  
Adam Bremner

**Unfortunately, I haven't. I've been too busy with school!**  
Callie Carter



## SECURITY DETAILS

## How you will be screened

**1** Visitors don't have to remove shoes, belts or jackets to pass through the metal detector. They will be asked to empty pockets prior to passing through. Those with service dogs must also walk through the metal detector.

**2** Anyone with a health implant who notifies security they may set off the alarm will be screened by the hand-held wand. Those in wheelchairs or using a stroller will be screened by the wand.

Visitors to city council while it's in session will be subject to new security measures, like the wand scan shown in this screenshot of a City of Calgary explanation video. SCREENSHOT/ CITY NEWS BLOG

# Councillors screen screening measures

## CITY HALL

## Some think new protocol is too 'extreme'

**Jeremy Simes**  
For Metro | Calgary

At least two city councillors aren't pleased with new security screening measures when council resumes Monday.

The new measures will require all visitors to pass through a metal detector or undergo screening by a hand-held wand. Bags, backpacks and purses will

also be checked.

Both Ward 10 Coun. Andre Chabot and Ward 9 Coun. Gian-Carlo Carra said the measures are too extreme.

"I hate them," Carra said. "But, we're advised it's the right thing to do, so we're not going to say no."

Owen Key, chief security officer and manager of corporate security, said the city reviewed the chamber's safety and security measures last year, and found many needed improvements.

"Keeping citizens, employees and council members safe is our No. 1 priority, so we regularly review and assess security processes in municipal facilities,"

Key said, in a city news blog.

The height of the glass barrier between councillors and citizens will be raised by 35.3 centimetres. There will also be more guards in the council chamber when council is in session.

But Chabot said he hasn't been treated badly by those who attend meetings.

"(These measures) suggest we live in a city that sets these standards — I don't think it's right or necessary," he said. "I think it's maybe a little extreme."

The new screening measures will replicate what you'd normally see at sporting events or concerts, Key said, adding the

city doesn't expect to see line-ups but hopes people will arrive early when there's a long agenda or public hearing.

"It'd be nice to live in a world where we didn't need metal detectors," Carra added.

"(These) precautions aren't necessary."

But Chabot said he expects there will be many delays due to the new measures.

"People will have to get there that much earlier to get in," he said. "No one will be able to rush in last minute."

But people will just have to get used to it, Carra added. "I think it's an unfortunate reality we're going to have to adjust to."

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# A virtual guide for the blind

## ENGINEERING

### U of Calgary students invent smart walking stick



**Aaron Chatha**  
Metro | Calgary

Gloria Rubio's vision hasn't been restored, but she'll be walking through the world with more confidence and safety thanks to a new, high-tech walking stick designed by students at the University of Calgary.

Team Enova Calgary met Rubio less than 30 days ago, through the Tikkun Olam Maker-thon challenge. Rubio suffers from a condition that causes her eyes to become inflamed, making her legally blind. She was hoping the students would design a walking stick that alerted its user to objects at knee and waist level.

The team delivered with a stick that vibrates when its attached sensor detects an object.

"It's going to be very safe," Rubio said, as the team was



**At the Maker Faire design challenge, Gloria Rubio, who is visually impaired, tries out a device that vibrates to alert the user to knee- and waist-high objects.** AARON CHATHA/METRO

putting the finishing touches on the walking stick. "In my case, many times I fell because I couldn't see, and I hurt my knees. So, this is going to prevent accidents for people with disabilities. It's going to help

more people live a normal life."

The team had less than 30 days to design the walking stick. Then, at Maker Faire Calgary this weekend, they had 72 hours to see if their design worked by physically making

the device.

They ended up making a functioning prototype.

"In the future, we're hoping to have a design that maybe covers more of the wires," laughed team member Nicole



**This is going to prevent accidents for people with disabilities. It's going to help people live a normal life.**

Gloria Rubio

## INSPIRATION



**Tanner Collin invented a smartphone-controlled lamp.** AARON CHATHA/METRO

### Let there be light

Tanner Collin hates to sit down, start a movie, get comfy and then realize a light's been left on. And he's betting he's not alone. That's the inspiration for his bright idea: a light bulb you can flick on and off with your phone. The engineering student showed off his device at this year's Maker Faire Calgary. But until he saw people's reactions, he hadn't thought much about putting the device on the market. "People are asking me if it's available. I might be changing my mind," he said. "People are asking how much it is, and how easy it is to set up?" It's as easy as home Wi-Fi, he says. AARON CHATHA/METRO

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# Difficulties sideline LGBTQ advocates

## DIVERSITY

### Funding issue, accusations of racism among Outlink's woes



**Helen Pike**  
Metro | Calgary

During a time of celebration for the LGBTQ community one of the city's stakeholders is grappling with challenges as its staff were abruptly "laid off."

After 30 years of serving the LGBTQ community, Calgary Outlink is "temporarily suspending all services" and urging those who need help to seek it elsewhere.

A statement from the board of directors outlined the information they were faced with that forced them to choose between two options: dissolving

the organization completely, or transferring board membership to a group of "more interested persons."

"The organization lacked the capacity to complete tasks required by funding agreements," read a statement provided to Metro by the board of directors. "Money was returned to funders, and the organization no longer has enough funding to pay staff."

The statement added a staff member was also "accused of micro-aggressions against queer persons of colour and the organization was accused of structural racism." The board said it was unaware of the accusations of structural racism.

"Board members are willing to resign if others are willing to take up the cause of rebuilding Calgary Outlink. If this does not occur, board members have voted to dissolve the organization," the statement also said.

The group didn't participate in this year's Pride parade.



Calgary Outlink has served the city's LGBTQ community for 30 years. FACEBOOK.COM

## HEALTH

### 'Fentanyl antidote' kits prevent deaths

Alberta's provincial health agency says "fentanyl antidote" kits have saved at least four lives since they hit the streets of Calgary earlier this summer.

Alberta Health Services says that in the last 10 weeks, about 100 naloxone kits were given out by the Safeworks program.

An awareness campaign, partnering with the Calgary Police Service, was launched just over a month ago to try to curb abuse of the drug.

Fentanyl is an opioid used to treat severe pain.

It is about 100 times stronger than morphine, heroin or oxycodone and is often passed

off as the new form of Oxycotin.

Naloxone works by competing with fentanyl for the same opiate receptors in the body, decreasing the potency of the drug.

In the first six months of 2015, 145 people in Alberta died from drugs in which fentanyl was detected.

The Winnipeg Regional Health Authority's Joss Reimer said last week that the authority also hopes to have a distribution program for naloxone in place by the end of the year.

Health Canada also said it is reviewing the prescription-only status of naloxone on an urgent basis. THE CANADIAN PRESS

# 100

Approximately 100 naloxone kits were distributed by the Safeworks program in the past ten weeks, according to Alberta Health Services.

# 145

In the first six months of the year, 145 people died from drugs containing fentanyl. Four lives have since been saved by the naloxone kits.

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# Others also resented Pride bus: Ex-driver

**CONTROVERSY**  
**Employee fired for breaching code of conduct**

A transit driver who's been fired amid a controversy over Calgary's Pride bus says he wasn't alone in his reluctance to take the wheel of the rainbow-wrapped vehicle.

City officials said in a termination letter Friday that Jesse Rau, who was still on probation, was losing his job for breaching the city's code of conduct and media relations policy.

Rau has said one driver phoned him personally to say that he'd drive the Pride bus if he was assigned to it, but that he resented it.

The Pride bus was driven on different routes in the city until the Pride Parade, which took place last weekend.

Artur Pawlowski, pastor of the Street Church in Calgary of which Rau is a member, said he's expecting hundreds



**Craig Sklenar, director of government affairs with Calgary Pride, says Jesse Rau's case is between Calgary Transit and its employees.** METRO FILE

of people to attend a rally in support of Rau at Calgary City Hall on Oct. 10. Pawlowski's Street Church has said in the past that the floods of 2013 were the result of Pride-related events.

Further, Pawlowski claims he's never been criminally convicted despite 10 arrests, more than roughly 200 citations and 80 court appearances.

Doug Morgan, of Calgary Transit, wasn't available to say whether other drivers expressed opposition to driving the bus.

Rau's termination was welcomed by many on social media.

"Calgary Transit made the right decision. Rainbow bus reigns!" a tweet from OutTV on Saturday said. THE CANADIAN PRESS

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# Spruce Meadows makes history

It was a rainy, chilly day, but that didn't stop hearty Calgarians (horses and riders, too) from braving the elements to enjoy the final Spruce Meadows major of the year, the Masters.

AARON CHATHA METRO



AARON CHATHA/METRO



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1 Spruce Meadows hosted the CP International Masters tournament, where riders from eight countries competed for the grand prize and 85,747 fans showed up to watch the horse jumping competition.

2 Elizabeth Gingras, representing Canada, finished in 28th place.

3 Rider Scott Brash took home his third consecutive win, earning him a place in the history books as the first rider to claim three Rolex Grand Slam events in a single season, as well as a purse of almost \$2 million.

4 The Masters competition took place during Spruce Meadows' 40th year of operation. Senior vice president Ian Allison said the organization still holds true to its original values of good commerce, and good friendship.

## There's 'nothing to match' victory by Brash and Sanctos



**Aaron Chatha**  
Metro | Calgary

Hello Sanctos and his rider Scott Brash made history when they became the first horse jumping team to win three Rolex Grand Slam events in one season, closing out the Masters tournament in Spruce Meadows.

Along with a place in the history books, the win also netted Brash and Sanctos an estimated — and very cool —

\$2 million prize.

The victory was a cause for celebration for many attendees, including the monarchists in attendance, who were quick to draw a connection between the victory and the sitting Queen of England's own recent milestone.

"The fact that we were celebrating Her Majesty's milestone week this week, her surpassing Queen Victoria in time on the crown, then to have a British rider win it was icing on the cake," said Spruce Meadows' senior

vice president Ian Allison.

Brash and Sanctos first made headlines by becoming the first duo to win two consecutive events when they competed in the World Equestrian Festival in Germany earlier this year. But their win at Spruce Meadows was one-of-a-kind, said Allison.

"Over the last 40 years, we've seen some pretty amazing things here, but nothing to match this," said Allison.

But Brash, Sanctos and the Queen weren't the only individuals celebrating accomplishments at the Masters tournament.

Spruce Meadows is in the

middle of its 40th anniversary this year.

Allison said 40 years ago, in 1975, the price of general admission to Spruce Meadows was \$5.

Four decades later, Spruce Meadows is host to international events and has expanded the activities on their grounds, but their general admission price has never changed.

Neither has the venue's mission, said Allison.

"Spruce Meadows encourages anyone, from anywhere,

to get close to the horses," he said.

That encouragement extends to individuals from cities worldwide who have recently relocated to Calgary.

Anushka Prockiw has been to Spruce Meadows every year since moving to the city.

"It's totally different for Calgary to have something like this, compared to the rest of the world," she said.

"I come from Sydney, and there's no horse jumping you can come to throughout the year."

**Over the last 40 years, we've seen some pretty amazing things here, but nothing to match this.**  
Ian Allison





**Mai Eilia, who came to Canada from Syria in 2013, now lives in Vancouver and works at an advertising agency.**

DARRYL DYCK/THE CANADIAN PRESS

# ‘One of the luckiest’

**metr The Syrian Crisis**  
**Canada Reacts**

## Woman reflects on her escape from strife, new life in B. C.

Mai Eilia asks one question when she sends Facebook messages to friends in her war-ravaged homeland of Syria: “Are you still alive?”

“When you ask someone you know this question, you know how bad it is,” she said from her apartment in downtown Vancouver. “Are you still alive?” Barely. They’re barely alive.”

In contrast to the crowds now trying desperately to reach freedom, Eilia easily claimed asylum two years ago using a tourist visa to enter Canada.

“I’m one of the luckiest people you will ever find in the whole world, seriously,” she said.

Canada’s response to the Syrian refugee crisis has only recently become a major issue, as other countries grapple with the same challenge.

Since civil war broke out in 2011, more than four million Syrians have escaped. Canada had resettled 2,374 people as of late August, according to Citizenship and Immigration Canada.

Eilia nearly forgot she had a golden ticket.

The conflict erupted at the same time she was suffering her own crisis — divorce and the end of an employment contract in Dubai.

Somehow — she’ll never know how — she had obtained a valid

Canadian tourist visa, granted in 2012 when many of her friends and relatives had been denied.

Eilia was accepted into Canada through Montreal’s airport in December 2013 and immediately applied for asy-

lum. She then became the conduit for her brother, sister and two nephews to make the same claims. She expects her permanent residency in about one year.

Eilia said she’s angry about the crisis because countries with power to act remain silent about what caused it — the war.

THE CANADIAN PRESS

RED CROSS

## Quebec to send aid, supplies to Germany

The Quebec government says the province will send 5,000 camp beds and blankets to Germany to help Syrian refugees in that country.

Public Security Minister Lise Thériault says the Red Cross requested the beds, which are left over from the ice storm that hit Eastern Canada in 1998.

The beds will be distributed through the Red Cross in Germany, where about 6,000

people are arriving every day, according to the Director of the Canadian Red Cross’ Quebec division.

The donation is valued at around \$1 million.

Last week, the Quebec government announced it would like to triple the number of refugees it accepts this year, upping the total to 3,650.

Elsewhere over the weekend, Ontario Premier Kathleen Wynne announced the

Ontario government will pledge \$10.5 million to the Syrian crisis.

Wynne said the province hopes to resettle 10,000 refugees by the end of 2016, though she notes the provincial government doesn’t have the power to sponsor those refugees.

Most of Ontario’s contribution will help “expedite the resettlement of refugees all across Ontario and support

them as they build new lives here” over the next two-and-a-half years, Wynne said, adding that \$2 million will go to immediate humanitarian aid on the ground overseas.

“The funding we’ve committed today will help us work with individuals, with faith based groups and with community organizations to reach our goal,” she said.

THE CANADIAN PRESS

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# Refugees dominate election

🍁 ELECTION 2015

## Tories dealing with another trial involving top Harper aide

Party leaders are attempting to shift the public's focus to domestic issues including taxation and health care, as another week of campaigning in the federal election begins.

But questions surrounding Canada's role in alleviating the refugee crisis in the Middle East continue to dominate headlines.

And the trial this week of a former top aide to Conservative Leader Stephen Harper accused of influence-peddling could also cast a pall over the campaign.

But the Tories will be doing everything they can to cast light on their fiscal record while in office as the Finance Department unveils year-end figures for fiscal 2014-15, which could show that the government was on track to



**NDP leader Tom Mulcair speaks during a campaign stop at Spanish Banks Beach Park in Vancouver, on Sunday.** SEAN KILPATRICK/THE CANADIAN PRESS

balance the budget.

Last month, the department reported a \$5-billion surplus for the April-June quarter, though Harper's opponents said that data was not up to date.

Harper repeated his party's pledge to lower small business tax rates during a campaign

stop in Ottawa's west end Sunday, where he attacked the Liberals and New Democrats over their proposed tax plans.

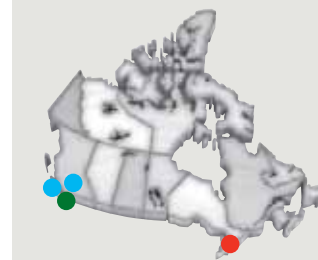
While campaigning in Vancouver, where his party hopes to make gains on Oct. 19, the NDP's Tom Mulcair announced that a government under his

leadership would spend \$1.8 billion over four years bolstering health care for seniors.

The NDP is hoping to frame week seven of the 11-week campaign around health ahead of the next leader's debate on Thursday in Calgary.

But it was Mulcair's promise

## WHERE THE LEADERS ARE MONDAY



• **Stephen Harper** will be in Kamloops and Burnaby, B.C.

• **Justin Trudeau** will be in Toronto.

• **Elizabeth May** will be in North Saanich, B.C.

Tom Mulcair's itinerary was unavailable.

to help Syrian refugees that had some of his party's supporters calling for even greater action.

Many New Democrats are urging their party to increase its election commitment to resettle 46,000 people over four years to as high as 100,000.

An emotional debate over how best to help some of the four million refugees who have fled fighting in Syria was fuelled earlier this month by the images of a dead three-year-old boy from Syria washing up on a Turkish beach.

In the meantime, former Harper senior adviser Bruce

Carson goes on trial Monday in an Ottawa court on one charge of influence-peddling, related to his work with a company that was trying to sell water-filtration systems to First Nation reserves.

The Carson case follows on the heels of the trial of Sen. Mike Duffy, which forced the Tories off of their message at the beginning of the campaign in August.

Carson has pleaded not guilty to the influence-peddling charge, as well as other accusations of illegal lobbying.

THE CANADIAN PRESS

## LIBERALS

# Ex-PM Chrétien comes out swinging for Trudeau

Justin Trudeau may be the one running in the election, but it was former prime minister Jean Chrétien who stole the spotlight at a Liberal rally in Hamilton on Sunday.

In a rousing 20-minute speech that fired up the crowd of party faithful, Chrétien slammed the

Conservative government for its "embarrassing" response to the Syrian refugee crisis and attacked NDP Leader Thomas Mulcair for his stance on Quebec separation.

With Trudeau standing by his side at the podium, Chrétien recalled that in decades past, Canada had welcomed thousands of

refugees from places like Eastern Europe, Uganda and Vietnam.

In the past 10 days the Conservatives have come under enormous pressure to do more to help refugees after photos of a drowned Syrian toddler on a Turkish beach scorched the world's conscience. On Saturday,

Christian Paradis, the minister for International Development, responded by announcing the government would match charitable donations for Syria, up to \$100 million.

Chrétien saved some of his harshest remarks for Mulcair's "irresponsible" promise to re-

peal the Clarity Act — a law that Chrétien's government passed in 2000 — which states that a "clear majority" of Quebecers would have to vote in favour of separation in order for the province to secede. Scrapping the law could lead to a referendum being decided by a simple majority of

50 per cent plus one.

Chrétien charged that some of the 59 Quebec MPs the NDP elected in 2011's so-called "Orange Wave" were separatists and accused the party of trying to "pander" to people who want to break up the country.

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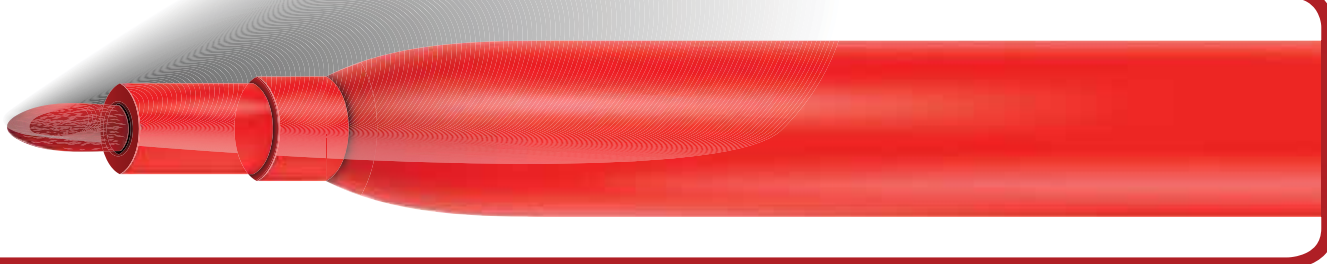
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# Obama goes extra mile for pontiff

## PAPAL TRIP

### Rare airport welcome awaits Francis on U.S. visit

When Pope Francis arrives in the United States, he will get an airport welcome that few world leaders have ever re-

ceived: a plane-side greeting from President Barack Obama.

The extraordinary gesture on Sept. 22 is just the beginning of the pomp and protocol that Washington will put on display to welcome the leader of the world's 1.2 billion Roman Catholics and the head of Vatican City on his first U.S. visit.

The next day, Francis will be just the third pope to visit the White House, being greeted as

most heads of state are, with his car pulling slowly up the South Lawn's driveway to the spot where a red carpet will be rolled out and Obama and his wife, Michelle, will be waiting.

Francis has shown little interest in protocol but he does put himself through the motions of diplomatic etiquette to be respectful of his hosts.

The president and the Pope met for the first time in March



**Every arrival ceremony is important.**

Anita McBride

2014 at the Vatican, and Obama has been outspoken about his admiration for the 78-year-old native of Argentina. De-

spite differences over abortion, the two have found common ground on such issues as U.S. policy toward Cuba and Iran, climate change, and poverty and income inequality.

"So much of arrival ceremonies are steeped in history and tradition," said Anita McBride, who was an assistant to former U.S. president George W. Bush, who received Pope Benedict XVI at the White

House in April 2008. "Every arrival ceremony is important."

Bush and his wife, Laura, greeted Benedict at Andrews Air Force Base in Maryland. The military base just outside of Washington is the official point of entry for visiting foreign dignitaries. Obama travels there regularly for his out-of-town trips, but rarely goes just to welcome visitors.

THE ASSOCIATED PRESS



## HOLY DIP HINDUS CELEBRATE KUMBH MELA FESTIVAL

Women pray after a holy dip on the second "shahi naan" or royal bath in the river Godavari during the ongoing Kumbh Mela, or Pitcher Festival, in Nasik, India, on Sunday. Hindus believe taking a dip in the waters of a holy river during the festival will cleanse them of their sins. According to Hindu mythology, the Kumbh Mela celebrates the victory of gods over demons in a furious battle over a nectar that would give them immortality. MANISH SWARUP/THE ASSOCIATED PRESS

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World metro NEWS

### IN BRIEF

#### At least 12 believed dead after Egyptian forces mistakenly fire on tourists

At least 12 people were killed and 10 injured in Egypt's southwestern desert Sunday when armed forces mistakenly fired on a group of Mexican tourists, Egyptian officials said.

The Mexican Foreign Ministry confirmed the incident and said at least two of the dead were Mexican nationals. The Egyptian ministry said that police and armed forces were pursuing terrorist elements in the area and fired on four cars that turned out to be carrying tourists. THE ASSOCIATED PRESS

#### Strong quake, no damage

A strong earthquake shook communities along the Gulf of California on Sunday, but there were no immediate reports of damage.

The U.S. Geological Survey said the magnitude 6.6 quake struck at 1:14 a.m. local time at a depth of 10 kilometres. The offshore epicentre was 79 kilometres south-southwest of Los Mochis. It was preceded by two other earthquakes.

THE ASSOCIATED PRESS

# Boat capsizes, at least 28 die

## EUROPE

### Hungary sets new record for asylum seekers crossing border

At least 28 people seeking a better life in Europe drowned Sunday as they attempted a wind-swept sea crossing from Turkey to Greece, while a record number of asylum seekers reached Hungary's border with Serbia just two days before the government vows to make it more difficult to cross.

Greece's coast guard said the 28, including four infants and 10 older children, died when their wooden boat containing more than 125 people capsized near Farmakonissi. The island lies midway between Samos and Kos, two of the favoured targets for smugglers sending thousands of people daily to the Greek islands.

Officials said 68 others were rescued while 30 more swam to the barely populated island. Coast guard officials said the boat may have been toppled in part because of wind gusts exceeding 50 km/h (30 mph).

Sunday's tragedy came just a day after two other boats capsized and at least five people — four children and a 20-year-old man — were presumed drowned. The coast guard said they are still searching for those bodies.

In Hungary, army engineers crowned the top of the planned 174-kilometre (109-mile) border fence with razor wire as the government warned, from Tuesday onward, any asylum seekers caught breaking through the barrier would be arrested and charged.

Police said 4,330 were spotted crossing in the previous 24 hours, more than 700 higher than the previous one-day record, as trekkers strove to reach Hungary before the tougher

# 175K

This year, more than 175,000 people have passed into Hungary from Serbia, headed to Western Europe.

security measures take effect.

This year, more than 175,000 have passed through Hungary from Serbia en route to Western Europe, and the government of Prime Minister Viktor Orban says it's determined to make Hungary a more difficult challenge, with deployments of troops and potential prison terms part of the deterrent.

Hungary's lawmakers have not voted yet on whether to back government plans to deploy more than 3,000 troops in support of border police, but dozens of soldiers already were patrolling the fence Sunday.

THE ASSOCIATED PRESS



Sohrab Naveed, 1, whose family comes from Kabul, Afghanistan, is held by his mother while waiting with others to board a bus after crossing the Serbian-Hungarian border on Sunday.

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

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Palestinians chant slogans during a demonstration in the old city on Sunday. TSAFRIR ABAYOV/THE ASSOCIATED PRESS

# Protesters occupy site

JERUSALEM

## Clashes close Al-Aqsa Mosque for three hours

Israeli police briefly clashed with Palestinian protesters at Jerusalem's most sensitive holy site early Sunday, raising tensions in the holy city ahead of the Jewish New Year.

Police spokesman Mickey Rosenfeld said forces moved into the Al-Aqsa Mosque compound at around 7 a.m. Sunday after police received reports that protesters were planning to disrupt visits to the area by Jewish worshippers and tourists.

He said the protesters barricaded themselves inside the mosque and threw rocks and firecrackers at police. He said police did not enter the mosque, but removed barri-

ades around the building. Suspected pipe bombs were found at the entrance to the mosque, police spokeswoman Luba Samri said.

Police released video showing lit firecrackers and other objects thrown by Palestinians inside the mosque at the officers on the outside with some firecrackers exploding within the holy site. There were no reports of arrests or injuries. The site was closed for three hours during the standoff but then re-opened for visitors.

Abdelazem Salhab, an official with the Waqf, the Islamic body that runs the site, accused police of causing "wide damage" inside the mosque.

"They crashed many windows and damaged many carpets," he said.

Police said they did not enter the site, and that any damage was caused by fireworks ignited by Palestinian protesters inside.

THE ASSOCIATED PRESS

## + REVERED BY MUSLIMS AND JEWS

### Site flashpoint for violence

The hilltop compound is revered by Jews as the Temple Mount, site of the two biblical Jewish temples. Muslims call the site the Noble Sanctuary and revere it as the spot where the Prophet Muhammad ascended to heaven.

The site is a frequent flashpoint of violence. Since Israel captured east Jerusalem from Jordan in 1967, Jewish worshippers have been allowed to visit — but not pray — at the site. The area is administered by Muslim authorities and is

under Jordanian custody. Muslim authorities view the presence of Jewish worshippers and Israeli police as a provocation and accuse Jewish extremists of plotting to take over the site.

"Jews have no rights in the mosque and its courtyard," said Abdelazem Salhab, an official with the Waqf, the Islamic body that runs the site. "The role of Israeli authorities as the occupying power is protecting this site from non-Muslims who plan to take it over, not helping them."

THE ASSOCIATED PRESS

SYRIA

# Russia expanding key airport: Group

Russian forces are expanding the tarmac of a major airport in Syria's coastal province of Latakia, a stronghold of President Bashar Assad and his minority sect, a prominent Syrian monitoring group said Sunday.

The report comes amid rising concern among U.S. officials of increased Russian military activity in Syria. President Barack Obama cast the build-up as an effort to prop up the country's embattled leader.

Russia, a longtime backer of Syria's government, denies it's trying to bolster Assad and says its increased military activity is part of the international effort to defeat the Islamic State of Iraq and Levant (ISIL). On Sunday, the Russian foreign minister called for the international community to include the Syrian government in efforts to fight ISIL.

A former Lebanese general said last week that there are

plans to build a military base in the coastal town of Jableh, about 25 kilometres south of Latakia city, where the airport currently under development is located. Israeli officials also say the aim appears to be a military base. The airport, known by its old name Hemeimeem, already houses a military base and has come under shelling from advancing militants in the countryside.

THE ASSOCIATED PRESS

## + NAMING

### Named for Assad's brother

The Basel al-Assad International airport, named after the president's brother who died in a car crash in 1994, is the most important functioning government-controlled airport in Syria after the Damascus airport.

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# NFL makes big data play

## TECHNOLOGY

### Tracking chips will provide coaches with real-time info

It won't just be bodies crunching on the NFL gridiron this season: teams and coaches will be getting data from every player with new technology unveiled on Friday.

Zebra Technologies, an Illinois firm known for barcode readers and inventory tracking, announced an agreement to install location-tracking sensors in the shoulder pads of NFL players. The tracking chips will provide data to coaches and players, as well as to armchair quarterbacks, to help analyze performance and what is going right and wrong on the field.

"These location-tracking devices from Zebra Technologies will provide real-time statistics for every movement of every player on every inch of the field in every NFL game this season," the company said in a statement.



Sensors in the shoulder pads of players will transmit details to team officials and armchair quarterbacks alike, to help analyze what is going right and wrong. TIMOTHY A. CLARY/AFP

The systems rely on RFID or radio frequency identification technology, similar to what is used by manufacturers and retailers to track the location of merchandise and manage inventory.

Zebra installed RFID receivers

in all 31 stadiums used by the NFL.

These receivers are pinged by coin-sized tracking sensors on each player to identify the location, motion, and direction of every player throughout a game.

"These sensor tags can blink up to 85 times per second and transmit motion within 120 milliseconds," the statement said.

"If a quarterback is being tightly pressured, the solution will tell the story of exactly

**"If a quarterback is being tightly pressured, the solution will tell the story of exactly when and where."**

Zebra Technologies

when and where."

Zebra, which tested the system last season in 18 stadiums, said the technology "is giving the NFL more of this intelligence and insight into their game than ever before, including player distance travelled, maximum and average speeds, and accelerations and decelerations."

Fans watching on television will also have access to the data with live broadcast graphics.

The season for the most popular U.S. sport opened Thursday with a 28-21 win by the Super Bowl champion New England Patriots over the Pittsburgh Steelers.

AFP

## EURO CURRENCY GROUP

### No new terms for Greece

The head of the euro currency group of countries has ruled out any renegotiation of the massive loan program meant to save Greece's economy, a week ahead of general elections there.

Greeks go to the polls on Sept. 17 with former prime minister Alexis Tsipras seeking a stronger mandate to implement unpopular reforms needed to secure the 86 billion euros (\$97 billion US) rescue program.

Eurogroup chief Jeroen Dijsselbloem said Saturday that renegotiation is "not possible" regardless of who wins "so work must continue" on reforms required to secure the loans.

Speaking after chairing a meeting of the 19-nation currency bloc, he said that finance ministers had not discussed any debt relief for Greece.

The International Monetary Fund insists on Greek debt relief before taking part in any new bailout.

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## JARED FOGLE CASE

### Subway admits 2011 complaint

The Subway restaurant chain said it received a "serious" complaint about Jared Fogle when he was the company's spokesman but that the complaint did not imply any criminal sexual activity.

The company issued a statement Friday saying it has completed an internal investigation into whether it was alerted to concerns about Fogle, who agreed last month to plead guilty to having paid for sex acts with girls as young as 16 and having received child pornography. The company has

severed its ties to him.

Subway's investigation included a review of more than a million online comments and interviews with past and present employees and managers of the company and an advertising fund, the statement said.

Subway spokeswoman Kristen McMahon said the company received the "serious" complaint in 2011 from Rochelle Herman-Walrond, a former journalist from Florida who revealed publicly to WWSB-TV in Sarasota last

month that she also took her concerns to the FBI and secretly recorded her phone conversations with Fogle for more than four years to assist the agency's investigation. McMahon said the 2011 complaint "expressed concerns about Mr. Fogle," but included "nothing that implied anything about sexual behaviour or criminal activity involving Mr. Fogle."

The company said in its statement that it regrets that the complaint was "not properly escalated or acted upon."

THE ASSOCIATED PRESS

## IN BRIEF

### Moldovans demand probe

Some 20,000 people protested Sunday in Chisinau, the capital, against Moldova's government for the eighth straight day, demanding a probe into the \$1.5 billion US that disappeared from three Moldovan banks last year. They demanded the resignation of the president, general prosecutor, national bank governor and others. They also want an early election and to form a new political party.

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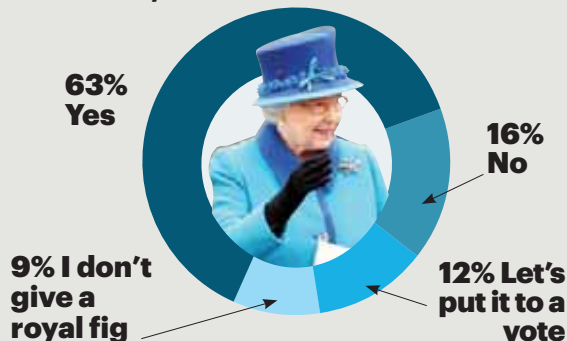
## Metro MONDAY POLL

# The Queen of controversies

Visit [metronews.ca](http://metronews.ca)  
every Friday to  
have your say.

**Send her** victorious / Happy and glorious / Long to reign over us ... or not. Queen Elizabeth is now Britain's longest-ruling monarch, and Canada's too; breaking Queen Victoria's record of 63 years, seven months and two days on the throne. But while some Canadians can't wait for their favourite young royal couple to occupy Buckingham Palace, others would prefer to ditch the monarchy in favour of a U.S.-style republic — though making that happen would require the consent of all the provinces and could reopen the thorny constitutional debate. We asked our readers if they think the Crown is a royal pain, or if they're happy to see the Queen and her family reign.

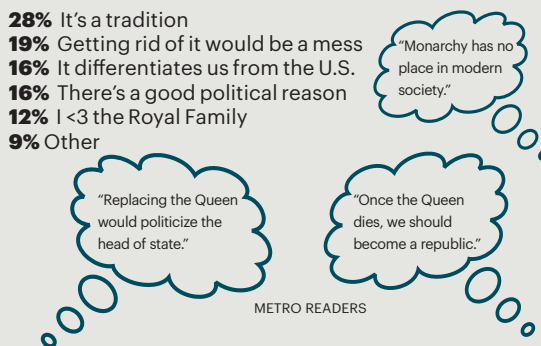
### 1 Do you want Canada to remain a constitutional monarchy?



### 2 What do you think will be the future of the Crown in Canada?



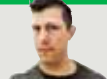
### 3 If you want to keep the monarchy, why?



# Public-sector workers should share the pain

## KINGKADE'S CALGARY

**Roger Kingkade**



It brings me great joy to begin this column without news of hundreds of people losing their jobs because of the low price of oil.

It brings me even greater joy to tell you I'll get all the way through it without bearing such bad tidings. In fact, all that will be left when I run out of words will be a lesson from business to government and public-sector workers. And I really hope they heed it.

Last week, Canadian Natural Resources Limited sent out a company-wide email dealing some sombre news to staff. Just about everybody in the company was going to be taking a pay cut. The price of the barrel is hurting, investment is down, and revenues are suffering. The company post-

ed big losses for two quarters in a row, something they say was exacerbated by new corporate income tax policy that Albertans say they wanted.

To deal with the slump in business, everybody was going to have to take home a little less. So here's what the company did: It left untouched the first \$50,000 in employee income and cut five per cent of every dollar above that, up to \$100,000. So, if you make \$45,000 at CNRL, there's no pay cut for you. If you earn \$100,000, the pay cut is \$2,500 (five per cent of your second \$50K) and your new pay amount is \$97,500. Every dollar above a hundred grand is subject to a 10 per cent cut.

If employees are paid bi-weekly, that's less than \$100 a paycheck. It's a small sacrifice that helps the company save \$40 million, or 400 jobs that pay \$100,000 per year.

The company explained the decision in the context

of the economic climate as it pertains to their mission statement. In reality, given the presumed heightened degree of self-awareness and insecurity in the building — nay, industry — right now, could have probably sent a note simply stating, "We're not firing anybody, but we need to hold back some of your money." They've have likely been met with the same positive response.

We know that when times are good, the private sector (so most of us are told) does well. The perilous nature of industry that gambles on commodities is that the fallow years are marked by mass layoffs and financial turmoil for citizens and government alike.

CNRL's plan of action seems natural, given the economic scenario.

Why shouldn't it be so for the government?

Following the Wildrose vic-

tory in the Calgary-Foothills by-election, Finance Minister Joe Ceci doubled down on his party's notion that in tough economic times, Albertans aren't looking for "knee-jerk reactions" and cuts to vital services. Ceci said, "Laying off teachers and nurses will make our economy... worse off, not better."

If we can all agree that layoffs in both the private and public sectors are difficult to stomach, can we then move on to the question about public sector employees sharing the economic burden with the rest of the province? Layoffs aren't necessary, but accepting the reality is.

The government should tell its workers to see that and chip in.

**Roger Kingkade** co-hosts the Kingkade and Breakenridge show every weekday morning from 9 a.m. to noon on NewsTalk 770.

## ROSEMARY WESTWOOD

### metroview

# The taboo against saying you were raped is dwindling

Early this year, a friend worried rape would — post-Jian Ghomeshi — disappear from the news, and be forgotten.

I disagree. It may not make headlines every day, but we've crossed a threshold into a world where a young woman like Aspen Matis not only feels bold enough to write a memoir revealing her own rape on the second day of college, but a world where we're keen to listen. Whatever taboo exists around saying you were raped is dwindling, and it should taper further with this book.

"I found it really cathartic and empowering to be able to take something so terrible that happened in my life, and turn it into art, and process it, and turn it into something beautiful — hopefully beautiful — that could be of use in the world," Matis told me.

Now 25, she was 19 when she was assaulted in her own dorm room by a fellow student. Nineteen, too, when she began hiking the 4,286-kilometre Pacific Crest Trail, a sojourn she recounts in her book, *Girl in the Woods*, which is being released tomorrow.

Part adventure memoir, part rape memoir — the latter having all but become its own genre, as more women decide to recount the breadth and scope of a single rape.

There are snow and mountains, food dwindling to a few cashews, life-or-death moments. There is the spectre

of the rape. But looming over both is a woman's desperate search for her independence.

Matis grew up dependent on her mother. The rape, she told me, felt like a confirmation that she really was incapable for caring for herself. Then, her parents didn't want to talk about it. Her campus' response was woefully inadequate. The rape became a secret that weighed like a cramp, a "dark pearl in your gut." She first published an essay about the rape in the *New York Times* in 2012, and it helped shrink her guilt. The book has gone further.

"The shame is not on me, that's misplaced shame," she said. "Shame on him."

Written in full exposure of her own weaknesses, with stream-of-consciousness narration, the book explores the struggle for self-love that we all go through, but that becomes, for a rape victim, essential.

"The rape was not the end of my life, it was the beginning of something bigger. That was a really exciting discovery," she told me.

Matis said she hopes the book helps other rape survivors find their voices, in whatever way they can, and add to this new culture of transparency around sexual assault.

"You are never the only one," Matis said. Proof the frank talk of rape is here it stay.

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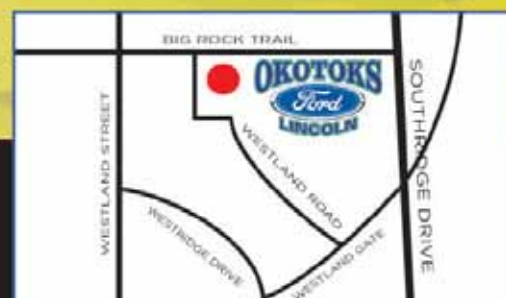
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# Are we ready to be Martians?

## SCIENCE FACT

### NASA's adviser for The Martian on reaching the Red Planet

Ned Ehrbar  
Metro | TIFF



The Martian offers a tantalizing — if harrowing — glimpse into what the future of space exploration holds, but how close are we really to commencing manned missions to the red planet?

NASA's planetary science division director Jim Green, who served as a technical adviser on the film, lays out what it will really take for us to get our asses to Mars.

#### Getting to Mars:

"What you probably aren't really aware of is we're developing a whole series of technologies, not only from the technology organization at NASA but the Science Organization and Human Exploration Organization. They each have various aspects of the journey to Mars, to be able to meet at the end and make something happen in the 2030s and 2040s," Green says.

"For instance, Human Exploration is building the SLS, the space launch system, which is even more capable than the Saturn 5. That will get, with the Orion capsule, the astronauts to Mars. In addition to that, from a scientific perspective,



We are still long away from getting marooned on Mars, like Matt Damon does in *The Martian*. CONTRIBUTED

we have a whole variety of missions to Mars, and we're going to continue to do that over the next couple of decades. With those missions, we look at various areas that would support habitats and what we would do in living and working on Mars. And so we're really moving ahead in finding out everything we can about Mars that would support human exploration in addition to understanding Mars as a terrestrial planet.

"And then in the technology area they're building the ion engines. They're building these

25-kilowatt ion engines that will haul tens of tons of material back and forth to Mars. And a lot of that technology is being built right now but you're just not aware of it. But that's where we're going. We're going to Mars. We're at the stage where Mars actually is our next step."

#### But these things take time:

"History repeats itself in many ways, and there was a hiatus between the time we stood down on the Saturn 5s and actually when we got the shuttle going," Green explains.



**We're going to Mars. We're at the stage where Mars is actually our next step.**

NASA planetary science division director Jim Green

"And it's because NASA has a certain budget and it has a certain phasing that has to go on, and you have to be able to retire something to be able to

free up the additional money to be able to invest in and build and complete the next set of things that you're doing, and that's true with SLS."

#### But we still love the moon, don't worry:

"The moon, as an important part of our solar system and our Earth, is really a staging ground. It's an area where we're going to approve a variety of technologies before we go to Mars," Green says.

"It will probably be an area where we're going to go back and forth to Mars and we'll have a small weigh station, if you will, at the moon. So the moon will still play a very important part of our steps. So it's not like we're going to ignore it."

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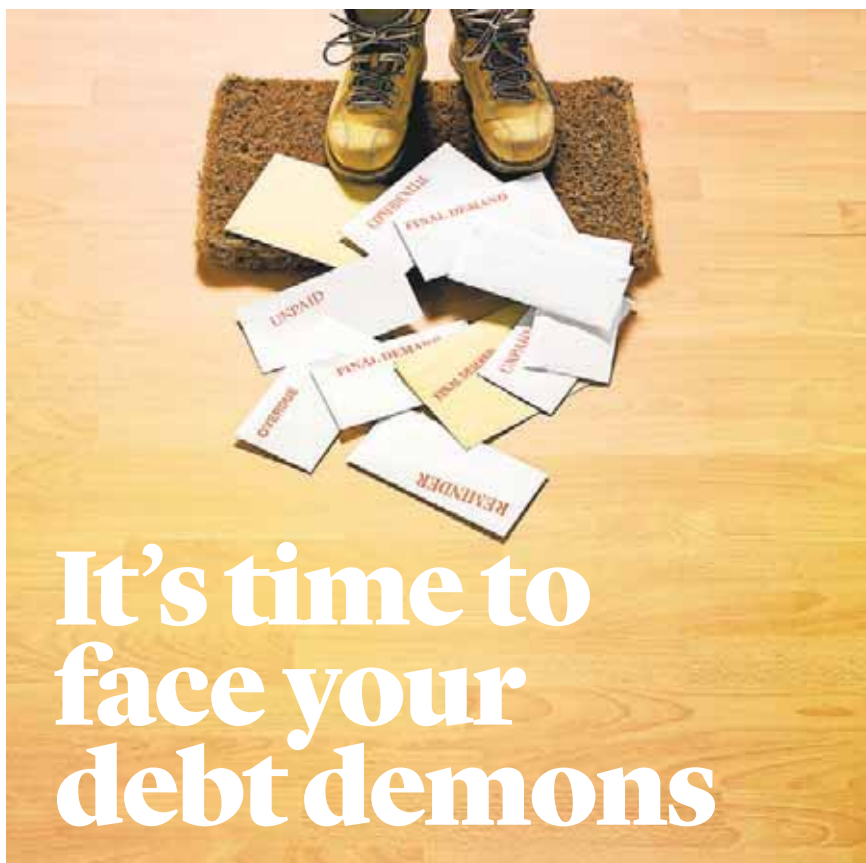
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# It's time to face your debt demons

## FINANCIAL FUTURE

### Look at the hard facts, then put down a plan of action

Gail Vaz-Oxlade  
For Metro Canada



The biggest barrier people face in getting to debt-free forever is believing they can. After being in debt for a while, you might actually begin to believe debt is "normal." And if your friends and family think debt is a way of life, you're more likely to accept debt as part of your life. But it doesn't have to be. You can be debt-free. And you must, if you want to have a healthy financial future.

It's scary just how much debt we are carrying. With low interest rates and access to easy credit, Canadians now owe \$1.63 for every \$1 in income they earn. That's an average. I have no debt, so someone's carrying my share. And if you have no debt, someone is carrying your share too. It's the people with debt — and consumer debt like lines of credit and credit cards are the worst — that are up to their eyes in alligators. According to the Bank of Canada back in March, about 1.5 million Canadians are extremely indebted.

Getting into debt is easy. Lose a job or watch as your hours are cut back at work and out come those credit cards. Using credit just seems like a natural option.

Watch your car die on the highway or your furnace give up the ghost in the middle of winter and the idea of putting whatever you need on a credit card and carrying a balance takes a back seat to handling the big problem.

Whining about our debt has become a national pastime. I get hundreds of letters every month from people who are deeply in debt and don't know what to do. Each ends with a plea for me to help them. It's almost as if people believe I have a magic wand that I can wave and make the debt go away.

There is no magic.

There's the reality of facing up to the mess. There's the hard work of making a plan and doing whatever it takes to make the plan work. And there's the habit of living within your means.

First, you're going to make a list of your debt. (For the purposes of this exercise we're leaving mortgages off the list.) Then you must figure out your minimum payments. Next, figure out what your debt has been costing you (you're gonna puke, so have a bucket close by). Calculate what your repayments amount must be to actually get the hell out of debt. And, finally, snowball your payments to get to debt-free faster.

When you make your debt list, be sure to include the interest rate you're paying on that debt, the total amount you owe and the minimum payment you're required to make to keep your credit history healthy.

This list is going to help you prioritize where you'll make

## \$ A NEW NORMAL

### Focus on getting out of that hole

If you are so far in debt that indebtedness has come to feel like the norm, it's not. Debt means no control, no way to bounce back from whatever pile of poop is reaching up to grab your foot. The sooner you move past "managing your debt" and becoming debt-free, the healthier you will be.

your payments. The minimum on a credit card is on your statement. On a loan, it's the payment amount you agreed to. On a line of credit, it's usually the interest accumulated for the month plus a couple of bucks. If you owe taxes, it's the amount you owe divided by 12. If you're into overdraft, it's the amount you owe divided by 6. If you have a Home Buyer's Plan loan, it's 1/15 of what you originally took out, divided by 12 (for the minimum monthly).

The next step is to add up what you owe. Until you come face-to-face with how much you owe in total, you're not facing up to the mess you've made. If your stomach is churning, it means you're healthy... you know you've made a mess.

We're not done yet. There's work still to be done. Take a breath. We'll take the final steps next week.

For more money advice, visit Gail's website at [gailvazoxlade.com](http://gailvazoxlade.com)

# See the forest for the rates.

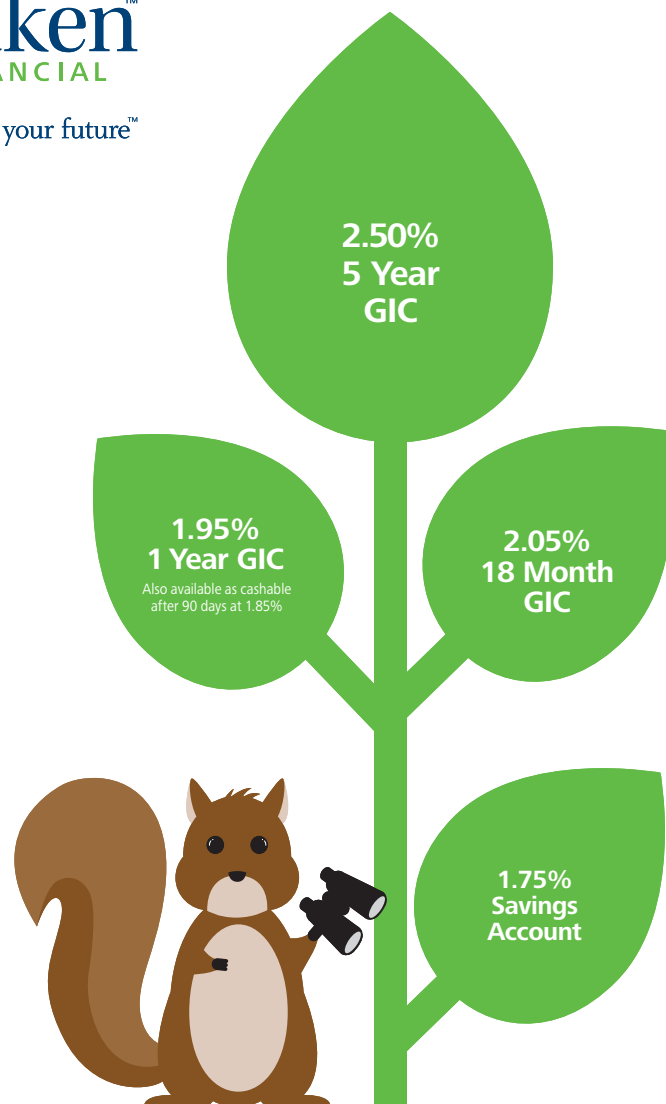
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# Quitting your job is work too

## TRAVELLING THE WORLD

### Doing what you love comes with its own challenges

**Eleni Deacon**  
For Metro Canada



At the end of a particularly stressful workday, you probably want to get far away from your fluorescent-lit cubicle, your not-so-fun coworkers, and whatever infuriating email landed in your inbox at 5 p.m.

Most employees escape to their homes or their local watering holes. Others go further: say, another continent.

Earlier this month, a story went viral about a South African couple who, six months ago, quit slick advertising jobs to travel the world. Chanel Cartell and Stevo Dirnberger currently have over 100,000 followers on Instagram, but they didn't get press for their ripped-from-a-magazine photography.



**We shouldn't be surprised that Chanel Cartell and Stevo Dirnberger, who run the blog *How Far From Home*, had to scrub toilets to afford this journey. Daily sludge accompanies every job — no matter how glorious.** [INSTAGRAM/@HOWFARFROMHOME](#)

They drew attention for toilet-scrubbing.

"I feel it necessary we share the uglier side of our trip," Cartell wrote on the couple's blog, claiming that she and Dirnberger have cleaned 135 toilets and spread 250 kilos of cow dung

as part of on-the-road work exchanges to pay for their trip.

Her post was covered by publications around the world, which circulated the story with headlines like *The Couple Who Quit Their Ad Jobs to Travel the World Ended Up Poor* and



*Scrubbing Toilets and Travelling the World Not Always What It's Cracked Up to Be.*

Cartell and Dirnberger's experience tells us less about the messy consequences of long-term travel — after all, what's a little manure compared to a

year-long vacation? — as it does about the complicated notion of doing what you love.

Scraping work for a world tour is itself a road well-travelled — but it's also a privilege.

This adventuresome couple isn't scouring johns because

they have no choice. Their janitorial forays are simply brief (if stinky) detours on a very lucky pursuit of their globe-spanning goals.

The clickbait headlines that accompanied this story, painting the couple as destitute vagabonds, suggest shock that pursuing your desires isn't pain — and poop — free.

Although wanderlust is a definitively more fun ambition than white-collar ladder-climbing, even in the more traditional corporate realm, there's a similar sense that dream-chasing should be more about love and less about hard labour.

"Do what you love, love what you do," the adage says, playing down the mundane, taxing, and often chaotic daily sludge that accompanies every job — no matter how much you enjoy your career.

Thinking of a ditching your desk? What we can learn from Cartell and Dirnberger is not that trekking the world isn't what it's cracked up to be.

It's a reminder that, whether your final destination is a beachside villa or a corner office, there will be dung.



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## THE UWI TWINS

### Rwandan genocide survivors want to inspire underdogs

Fashion designers Levi and Reuben Uwi, survivors of the 1994 genocide in Rwanda, said they looked to Africa for inspiration for their latest collection, which debuted Friday at New York Fashion Week.

The brothers, 27 and known as The Uwi Twins, unveiled "I Left My Heart In Africa!" at Gotham Hall and said they returned to the continent after 17 years to design their clean and simplistic ready-to-wear 2016 spring-summer collection.

"It was a huge contrast from the last time we were there. We were very fortunate enough to be in a position where we had a lot of opportunities ahead of us and so, when we were designing the collection, we definitely felt very blessed and very humbled," Levi said backstage after the presentation.

The brothers relocated to Vancouver after escaping Rwanda.

They kicked off the fashion show Friday with traditional African dancers working the runway and two drummers playing lively and loudly. Models confidently wore trendy designs that ranged from fitted black and white T-shirts to bright pink shorts to semi-loose blazers. The highlights: a soft



**The Uwi Twins unveiled their African-inspired Spring 2016 collection at NYFW.** MESFIN FEKADU/THE ASSOCIATED PRESS

pink blazer paired with pink shorts with large black lines on each side, and a black and white shirt with a splash on pink over the shoulders.

Some models wore shirts with the twins' faces as kids blended with the year 1987, when Levi and Reuben were born.

The Uwis know their story is remarkable, but as design-

ers, they want people to look at their clothes first.

Their overall goal is to give young artists opportunities to live out their dreams — like they have done.

"This brand is about inspiring the underdog and with this collection, yeah it is inspired by Africa, but it's also for anyone who feels like they're down,"

THE ASSOCIATED PRESS



**Of course the story's great, but the clothing has to speak for itself.**

Reuben Uwi, of The Uwi Twins





# Rams stuff Lynch and Seahawks in overtime

**NFL**  
**St. Louis takes down NFC champions in season opener**

The Seahawks needed a yard. The Rams defence knew that this time, unlike in the Super Bowl, they would give the ball to Marshawn Lynch.

Once again, Pete Carroll's choice didn't work out. Rams defensive linemen Michael Brockers and Aaron Donald stuffed Lynch for a one-yard loss on fourth down to seal a 34-31 overtime over the two-time defending NFC champs victory Sunday.

"We were thinking run," Donald said. "It's short yardage and we know they've got Lynch back there and we knew they were going to give it to him."

Carroll said the play had been getting two or three yards "all day long." The Seahawks' bid to keep overtime going died at the Rams 43, about 10 yards shy of field goal range. "I don't know how they got the penetration, but they did," he said.

The Rams assembled a defence that features five first-round picks up front for just such a moment. They sacked Wilson six times, getting two each from Donald and Robert



**Rams quarterback Nick Foles scores a touchdown past Seahawks linebacker Bobby Wagner on Sunday in St. Louis.**  
 TOM GANNAM/THE ASSOCIATED PRESS

Quinn.

"We wanted to start fast," Quinn said. "A.D. started it off and after that, guys tried to follow him."

Greg Zuerlein kicked a 37-yard field goal on the opening drive of overtime.

The Rams watched a 24-13 lead disappear, as Seattle scored 18 points in the fourth quarter, capped by Cary Williams' strip-

**Normally when we get three turnovers and they get one, we win. We've been doing that for a long time.** Seahawks coach Pete Carroll

and-score of Nick Foles with 4:39 left.

With 53 seconds left, the Rams tied the game at 31 after Seahawks defensive back Dion Bailey — the replacement for

winning the game outright, as Bradley Marquez caught Steven Hauschka's popped-up attempt. After throwing a flag for an illegal fair catch, officials ruled the ball was kicked directly in the air, so Marquez was OK raising his hand.

Foles hit Steadman Bailey for a 22-yard catch for the key gain to set up Zuerlein's kick.

THE ASSOCIATED PRESS

## IN BRIEF

**Redblacks run over Lions**

Jeremiah Johnson rushed for two second-half touchdowns and Chris Milo kicked five field goals as the Ottawa Redblacks came back to beat the B.C. Lions 31-18 on Sunday.

Johnson ran in from two yards out in the third quarter and 12 yards in the fourth to help Ottawa overcome an 18-14 first-half deficit.

The Redblacks' (6-4) win moved them into a tie for second place in the East Division with the Toronto Argonauts. They also became the first Ottawa team to earn a win in Vancouver since Oct. 6, 1990. It was only the second win by an Ottawa club in the past 24 visits to Vancouver since 1974.

THE CANADIAN PRESS

**Eskimos snap 12-game losing streak vs. Stamps**

Mike Reilly threw three touchdown passes in his first full start of the season, including a pair to Adarius Bowman, as the Edmonton Eskimos finally managed to get past their southern rivals, defeating the Calgary Stampeders 27-16 on a rain-soaked Saturday night.

With the win the Eskimos (7-4) snapped a 12-game losing skid extending back four seasons against the Stampeders. The West Division-leading Stampeders fell to 8-3, seeing a five-game winning streak come to an end.

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WE PLAY

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The PEAK



# Yankees avoid series sweep against Jays



Yankees' Rico Noel, right, leaps past Jays' catcher Josh Thole to score on A-Rod's double. KATHY KMONICEK/THE ASSOCIATED PRESS

MLB

## Tanaka steps up to save his team's blushes

Masahiro Tanaka pitched like the ace the Yankees needed him to be, allowing four hits over seven innings to lead New York over the Toronto Blue Jays 5-0 Sunday and stop his team's five-game losing streak.

SUNDAY In New York



Dustin Ackley homered and had three RBIs for the Yankees, who closed back within 3-1/2 games of the AL East-leading Blue Jays with 20 games left.

Toronto had won the first

three games of the four-game series, but the Yankees sent R.A. Dickey (10-11) to his first loss since before the All-Star break. The Blue Jays and Yankees play three more times in Toronto from Sept. 21-23.

The Blue Jays said before the game that All-Star shortstop Troy Tulowitzki will miss at least two weeks after cracking his left shoulder blade in a collision during Saturday's doubleheader. Edwin Encarnacion was held out

after aggravating a finger injury Saturday. Tanaka (12-6) struck out seven, walked none and threw 76 of 108 pitches for strikes. He is 3-0 with a 2.54 ERA in his last four starts.

New York went ahead in the second on sacrifice flies by Ackley and Didi Gregorius. Ackley, acquired from the Mariners on July 30, hit a two-run homer in the fourth, and Alex Rodriguez added an RBI double in the eighth that chased Dickey. THE ASSOCIATED PRESS



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**U.S. OPEN DJOKOVIC DOWNS FEDERER** Novak Djokovic of Serbia returns a backhand shot to Roger Federer of Switzerland during the men's singles final at the USTA Billie Jean King National Tennis Center on Sunday. Djokovic went on to win the rain-delayed final 6-4, 5-7, 6-4, 6-4. ALEX GOODLETT/GETTY IMAGES



### IN BRIEF

#### Triple MVP winner and 76ers legend Malone dies

Moses Malone, a three-time NBA MVP and one of basketball's most ferocious rebounders, died Sunday, the Philadelphia 76ers said. He was 60.

Malone was part of the 76ers' 1983 NBA championship team, and the club said he will "forever be remembered as a genuine icon and pillar of the most storied era in the history of Philadelphia 76ers basketball."

A 6-foot-10 centre who made the leap right from high school to the pros, Malone is the NBA's career leader in offensive rebounds and led the league in rebounds per game for five straight seasons from 1980-85. Malone was inducted into the Naismith Memorial Basketball Hall of Fame in 2001.

THE ASSOCIATED PRESS

#### Canada's Homan edged by Swiss Tirinzoni in women's Tour Challenge curling final

Rachel Homan couldn't extend her perfect run at the Grand Slam of Curling's Tour Challenge. Switzerland's Silvana Tirinzoni scored two in the eighth end to edge the Ottawa skip 6-5 in the Tier 1 women's final on Sunday. Homan got out to an early 3-0 lead in the second end and was up 5-2 before Tirinzoni came back with deuces in the seventh and eighth ends to take the victory.

Homan went undefeated at the inaugural Grand Slam of Curling event until losing to Tirinzoni in the final. She posted a 4-0 round-robin record to top the leaderboard, downed Scotland's Eve Muirhead in the quarter-finals and beat EunJung Kim of South Korea in the semis.

THE CANADIAN PRESS



## RECIPE Golden Beet, Fig and Arugula Salad



### EAT LIGHT AT HOME

**Rose Reisman**

rosereisman.com

@rosereisman



I love using golden or orange beets because they are more tender and sweeter than the red beet, and won't leave the red pigment colour on the other foods they come in contact with. The combination of these beets, arugula and maple dressing is outstanding.

### Ready in

Prep time: 15 minutes

### Ingredients

- 3 cups packed arugula
- 2 large yellow beets, peeled, either spiralized or shredded
- 1/2 small red bell pepper, julienned (sliced thinly)
- 4 fresh figs, cut into quarters
- 3 Tbsp sunflower seeds

- 2 Tbsp olive oil
- 4 tsp maple syrup
- 2 tsp lemon juice
- 2 tsp apple cider vinegar
- 1/2 tsp Dijon mustard
- 1/2 tsp minced garlic
- Salt and pepper

### Directions

1. Place arugula and beets on serving platter. Add bell pepper, figs and sunflower seeds.
2. Dressing: Combine all ingredients and pour over salad.

### Nutrition per serving (recipe serves 4)

- Calories 170
- Protein 3 g
- Carbohydrates 21 g
- Fibre 4 g
- Total fat 9 g
- Saturated fat 1.5 g
- Cholesterol 0 mg
- Sodium 50 mg

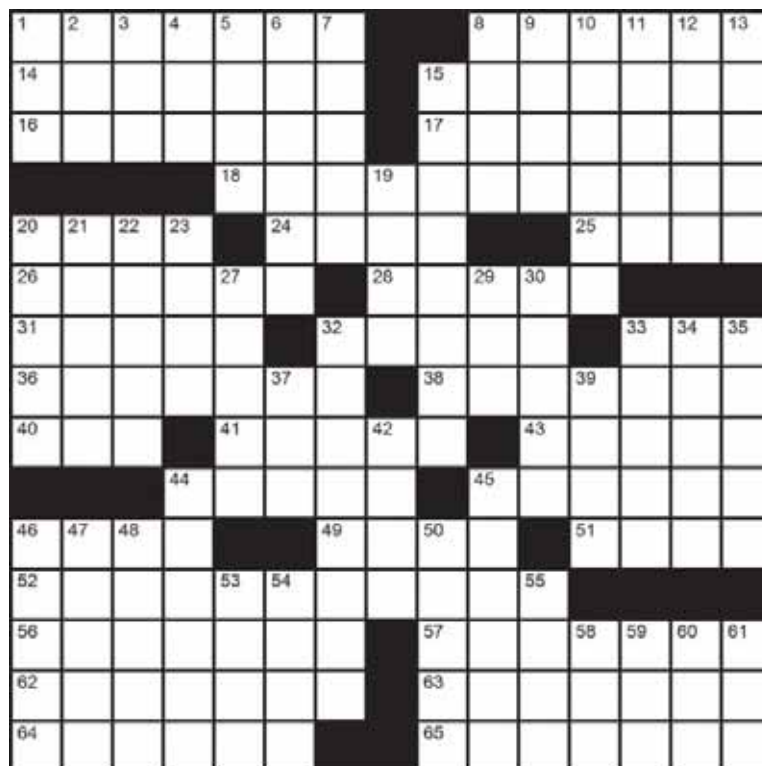
PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Paper-folding art
8. Symbol for the restaurant at #19-Down
14. "Titanic" (1997) director James
15. Decathlete's spear
16. Clap
17. Most level
18. Endangered predatory fish, Atlantic
20. Design
24. "I will be \_ to pleading and excuses." - Prince in Shakespeare's Romeo and Juliet, Act III, Scene 1
25. Letters before ://www
26. Tedious listing of things
28. Cursed
31. Extreme
32. Gaze and gaze
33. Track circuit
36. Become less taut
38. Crisscrossed upper portion along a backyard fence
40. Name of one of '60s U.S. President Johnson's pet beagles
41. Web letter
43. Sounds off
44. Inference
45. Geological formation in the Alberta badlands that's pillar-shaped with a flat top
46. Wing-shaped
49. Military cap
51. Lacking
52. Reflection:



- 2 wds.
56. What leftovers are initially
57. Bamboozled
62. Venue's humans-in-chairs capacity
63. Wind-powered electricity maker
64. Intertwine
65. Letter be-

fore Zeta

### DOWN

1. Mozart opera, L' \_ del Cairo
2. Music style
3. Pixie
4. Collective
5. Dubai, United

\_ Emirates

6. Like furry food
7. Soon, \_ time
8. Rikki-Tikki- \_
9. Pizzeria need
10. Creme de \_ (Grasshopper cocktail ingredient)
11. Language of Alaska

12. Ain't, posh-style

13. Available for pouring: 2 wds.
15. Canadian photographer whose works are part of the Vancouver Art Gallery's permanent collection: 2 wds.
19. \_ Side Mario's (Canadian restaurant chain)

20. Lavish
21. City in northern France
22. Petal product in perfumery
23. Drug deal buster, commonly
27. Free from fashions of any sort
29. "...man \_ mouse?"
30. 1980s styles, now
32. In-between-meals activity
33. Ms. Hamilton (Actress who was married to the Canadian at #14-Across)
34. 'A Heritage in Leather' community in southwestern Ontario
35. Monetary units in Mexico
37. Down Under bird
39. New Mexico art colony
42. Particular
44. Printers' mistakes
45. Elevated: 2 wds.
46. Charm
47. \_ closet (Hallway spot)
48. "He's \_ Nowhere Man..." - The Beatles
50. Sticky stuff
53. Ear-related
54. Ms. Russo of movies
55. Corn units
58. "The X-Files" org.
59. Tuesday's partner (1980s band)
60. Antacid brand
61. Lair

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
The final piece of a puzzle will fall into place over the next two or three days. Once you can see the entire picture you'll know why it took so long to make sense of it.

**Taurus** April 21 - May 21  
Something you say may confuse other people. Try to see things from their point of view, then explain using plain and simple language.

**Gemini** May 22 - June 21  
You may have to devote the daylight hours to work-related matters but once the Sun goes down your thoughts will be on having fun. As far as romance is concerned a secret crush you have is unlikely to stay secret much longer.

**Cancer** June 22 - July 23  
You should follow a course you have navigated profitably before rather than set out in a new direction. Despite what some may say, there is no need for any type of major change.

**Leo** July 24 - Aug. 23  
You can sense that something is wrong and you know better than to ignore your instincts. Take the initiative and act immediately on your suspicions.

**Virgo** Aug. 24 - Sept. 23  
You may not understand how your mind has arrived at a certain conclusion but deep down you know it is the right one for you. It may seem a bit silly at the present but it will soon make perfect sense.

**Libra** Sept. 24 - Oct. 23  
Try not to criticize yourself for no reason. In fact, try not to criticize yourself even if there is a reason. If you made a mistake, learn from it quickly and move on.

**Scorpio** Oct. 24 - Nov. 22  
Think positively about what you are required to do by people in positions of authority. It may not be what you want to do but don't start a battle you cannot possibly win.

**Sagittarius** Nov. 23 - Dec. 21  
You know a good thing when you see it and what you see today will get your mind racing. How can you make it work for you? How can you make it pay? It's not selfish to think that way — it's just common sense.

**Capricorn** Dec. 22 - Jan. 20  
Why are you worrying for no good reason? The planets indicate that nothing will happen without your agreement and your say-so.

**Aquarius** Jan. 21 - Feb. 19  
Try not to be too judgmental of people whose beliefs and lifestyles differ from your own. Yes, maybe the world would be a better place if everyone was just like you but that isn't going to happen, so get over it.

**Pisces** Feb. 20 - March 20  
You need to resolve a dispute with a loved one or work colleague now. If you let the situation fester for even one more day it may move beyond the point where it is easily rescued. Say sorry, and move on.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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